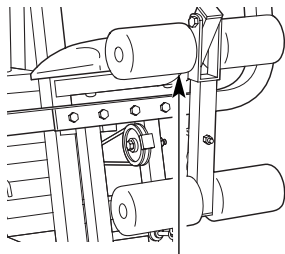


WEIDER[®] 20CT

Model No. WESY85311

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

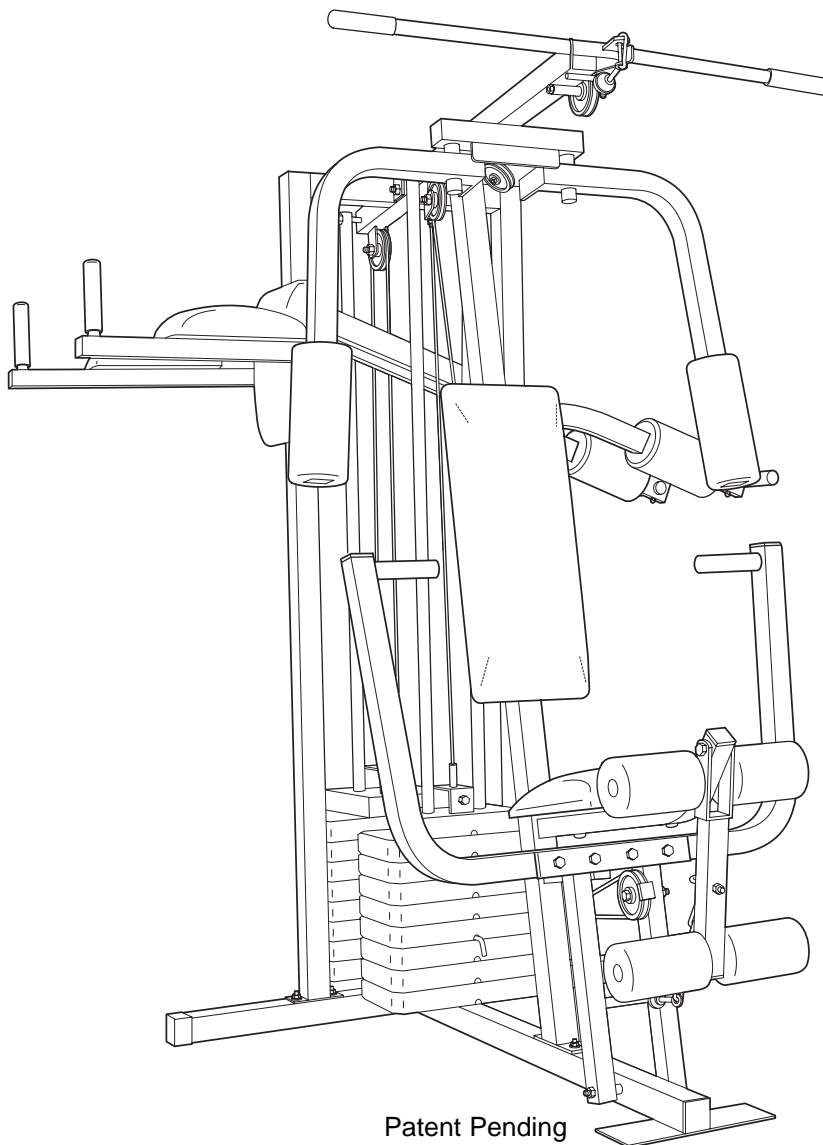
1-800-999-3756

Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Patent Pending



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fitness tips, and much more!*

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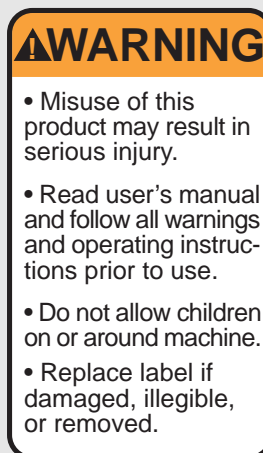
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual and in the accompanying literature before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of this weight system are adequately informed of all warnings and precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight system at all times.
7. Always stand on a foot plate when performing an exercise that could cause the weight system to tip.
8. Always wear athletic shoes for foot protection.
9. Keep hands and feet away from moving parts. Keep hands away from the squat arm upright when the squat arm is being used. Your hand could become pinched between the squat arm upright and the squat arm.
10. Never release the press arm, butterfly arms, squat arm, leg lever, lat bar or nylon strap while weights are raised. The weights will fall with great force.
11. Do not use the VKR station when either weight stack is in use.
12. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The warning decals shown here have been placed on the weight system in the locations shown on page 4. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



Decal 1



Decal 2

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

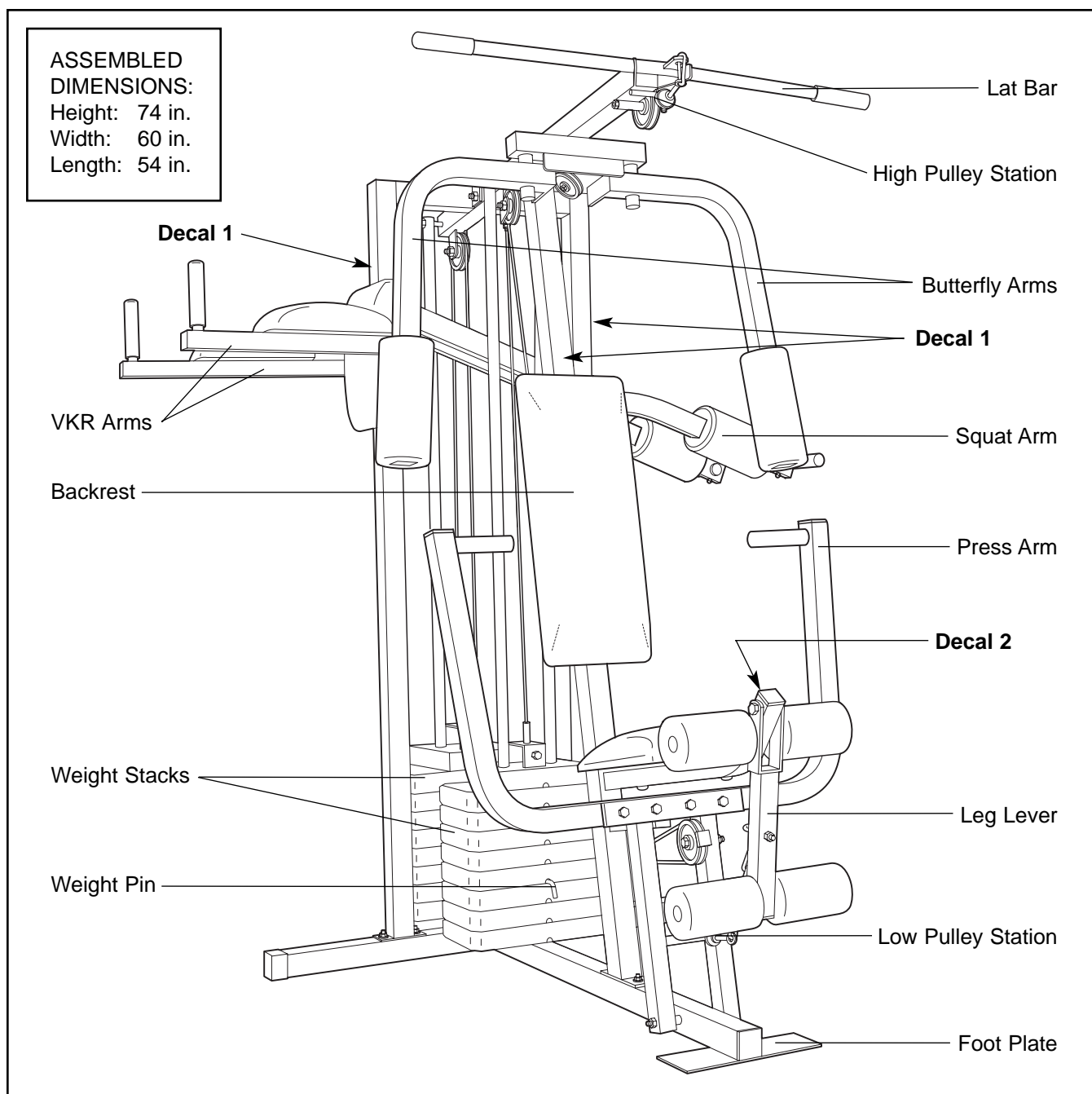
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 20CT weight system. The WEIDER® 20CT offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® 20CT will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have additional questions, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY85311. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will take time. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.



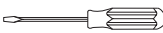

Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into five stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-800-999-3756**.

FRAME ASSEMBLY

1. Before beginning assembly, be sure that you have read and understand the information in the box above.

Press two 2" Outer Caps (51) onto the indicated locations on the Stabilizer (5). Press two 2" Inner Caps (27) into the indicated ends of the Stabilizer and the Base (4).

Insert four 5/16" x 2 1/2" Carriage Bolts (1) up through the Stabilizer (5).

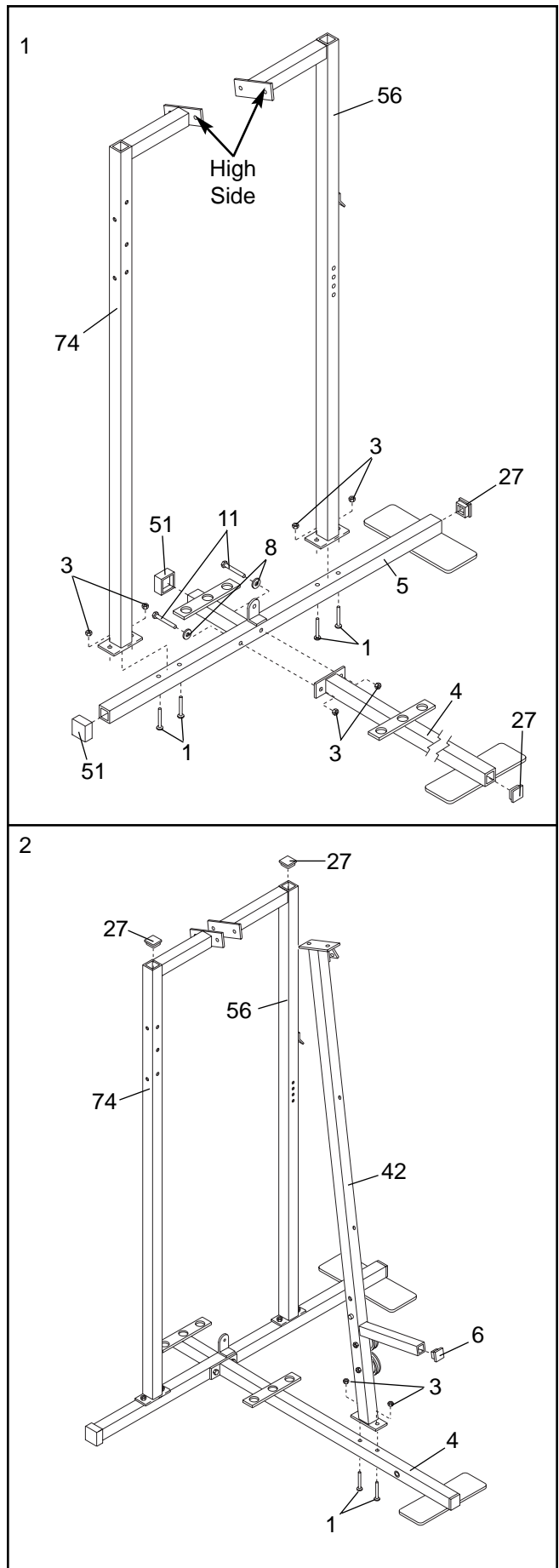
Attach the Base (4) to the Stabilizer (5) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Washers (8), and two 5/16" Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**

Slide the VKR Upright (74) and the Squat Upright (56) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Stabilizer (5). **The high side of the brackets on the VKR Upright and Squat Arm Upright should be on the side shown.** Hand-tighten four 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

2. Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand-tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

Press a 1" Inner Cap (6) into the Front Upright (42). Press a 2" Inner Cap (27) into the Squat Upright (56) and the VKR Upright (74).



3. Press a 2" Inner Cap (27) into the Top Frame (55). Press a 1 3/4" Inner Cap (44) into each end of the crossbar on the Top Frame. Press two Round Inner Caps (96) into the top of the crossbar.

Attach the Top Frame (55) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Washers (8), and two 5/16" Nylon Locknuts (3).

Attach the Top Frame (55) to the VKR Upright (74) and the Squat Upright (56) with two 5/16" x 2 3/4" Bolts (11) and two 5/16" Nylon Locknuts (3).

Tighten all of the Nylon Locknuts (3) used in steps 1–3.

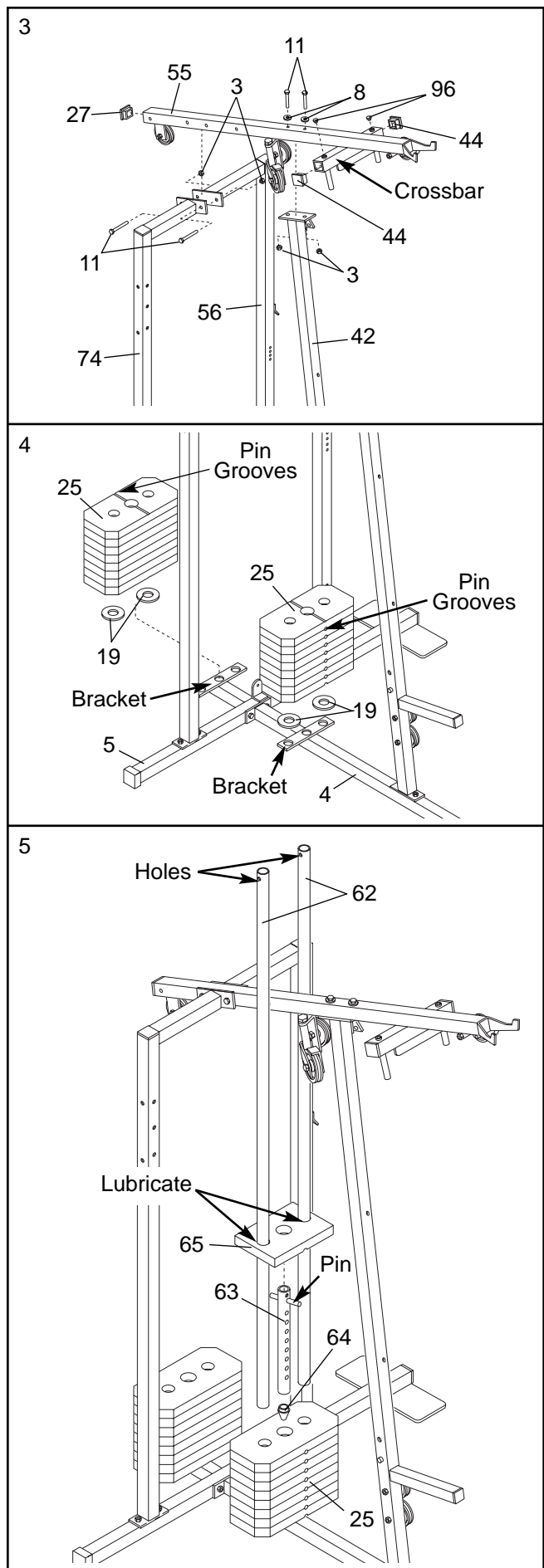
4. Set two Weight Bumpers (19) on the bracket on the Base (4) as shown. Set two Weight Bumpers on the bracket on the Stabilizer (5).

Stack eight Weights (25) onto each set of Weight Bumpers (19). **Be sure that the pin grooves are all on the same side of each stack of Weights.**

Be careful not to tip either stack of Weights (25) until step 6 is complete.

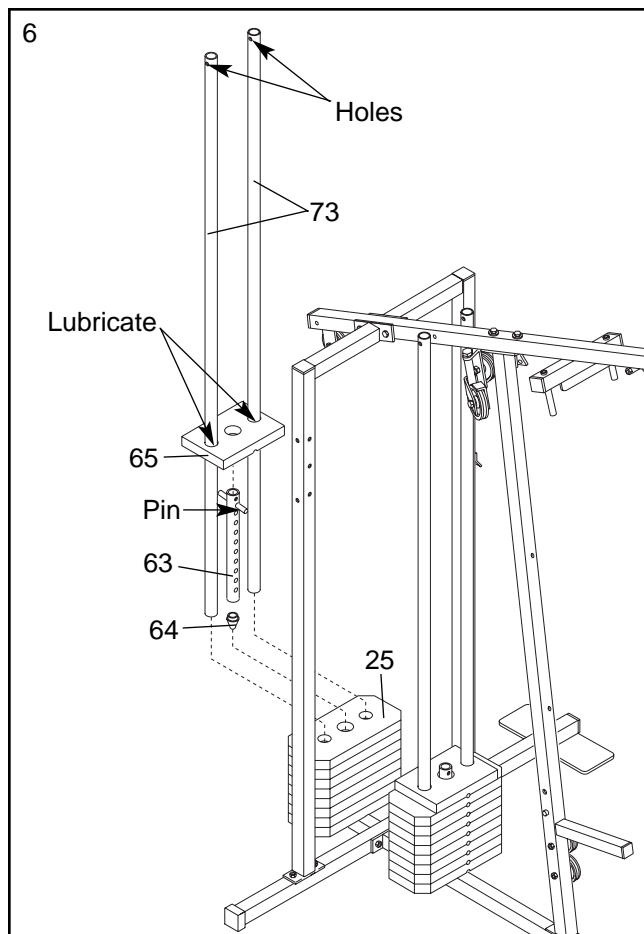
5. Press a Weight Tube Bumper (64) into the end of a Weight Tube (63). Insert the Weight Tube into the front stack of Weights (25). **Be sure that the pins on the Weight Tube are sitting in the pin grooves in the top Weight (refer to step 4).**

Lubricate the inside of the holes in a Top Weight (65). Set the Top Weight onto the front stack of Weights (25). Insert both Long Weight Guides (62) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



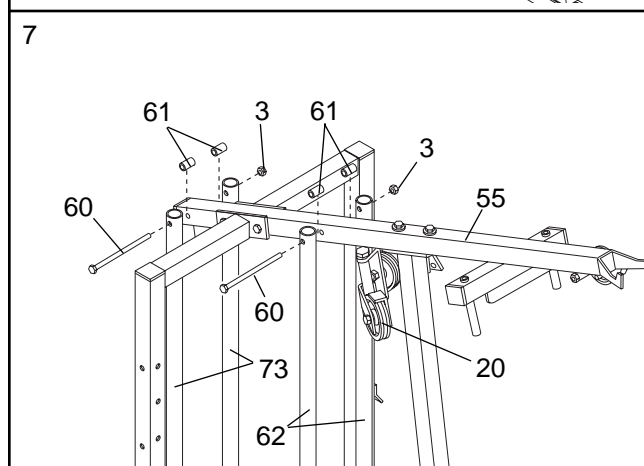
6. Press a Weight Tube Bumper (64) into the end of the other Weight Tube (63). Insert the Weight Tube into the rear stack of Weights (25). **Be sure that the pins on the Weight Tube are sitting in the pin grooves in the top Weight (refer to step 4).**

Lubricate the inside of the holes in the other Top Weight (65). Set the Top Weight onto the rear stack of Weights (25). Insert both Short Weight Guides (73) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



7. Attach the upper ends of the Long Weight Guides (62) to the Top Frame (55) with a 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3). **Be sure that the Pulley Bracket (20) is in front of the right Long Weight Guide, as shown.**

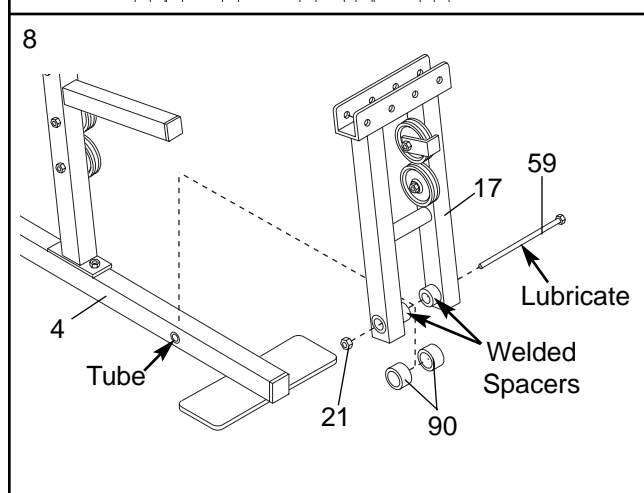
Attach the upper ends of the Short Weight Guides (73) to the Top Frame (55) with a 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).



ARM ASSEMBLY

8. Press a 1" x 7/8" Plastic Bushing (90) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place onto the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit on each end of the indicated tube in the Base. Make sure that the pulleys are on the side shown.**

Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the Bolt and a 3/8" Nylon Locknut (21).



9. Wet the handle of one Press Arm (46) with soapy water. Slide a 5" Plastic Grip (83) onto the handle. Press a 1" Round Inner Cap (49) into the other end of the handle. Press a 1 3/4" Inner Cap (44) into the Press Arm.

Attach the Press Arm (46) to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

Assemble the other Press Arm (46) in the same manner.

10. Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for step 11.**

Attach a "V"-Pulley (50) and a Long Cable Trap (31) to the Right Arm (48) with a 3/8" x 2 1/2" Bolt (86) and a 3/8" Nylon Locknut (21).

Attach a "V"-Pulley (50) and a Long Cable Trap (31) to the Left Arm (47) in the same manner.

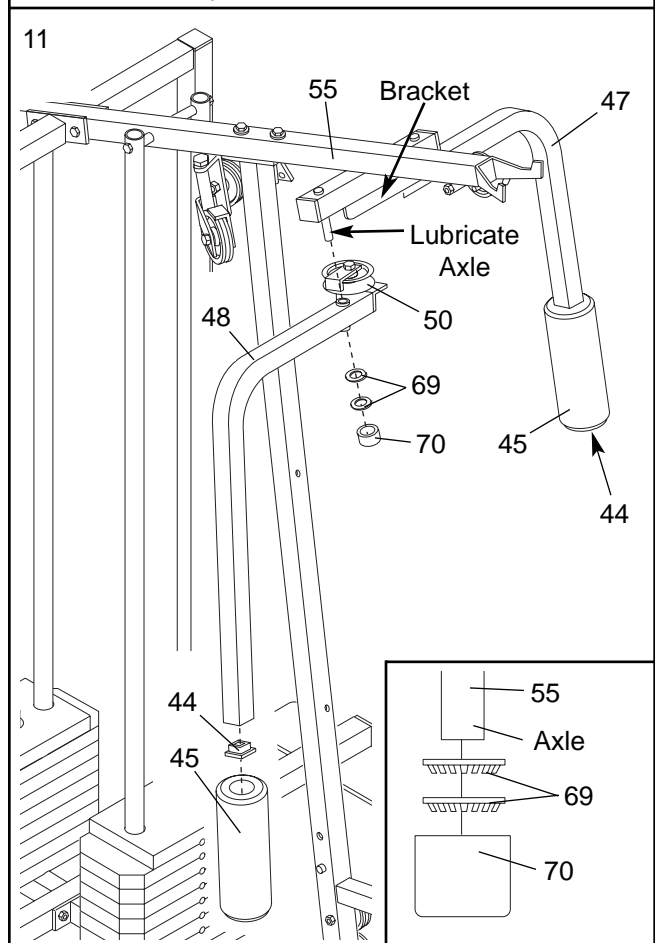
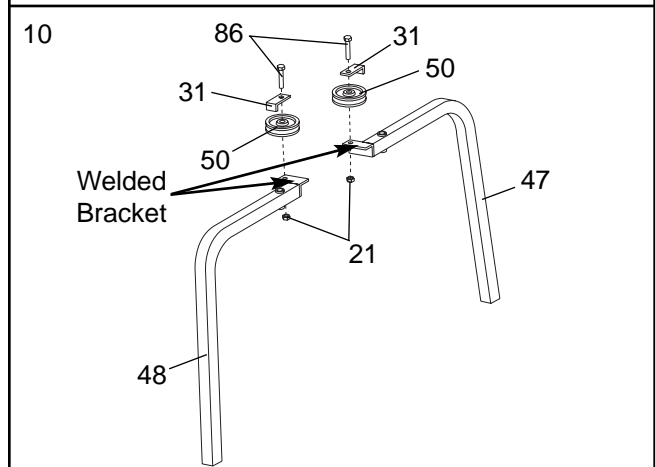
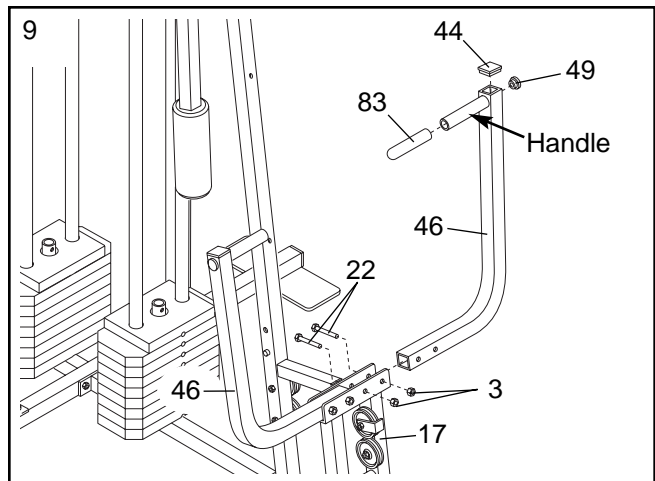
11. Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Be careful not to confuse the Right Arm with the Left Arm (47); see step 10. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the axle. **Be sure that the teeth on the Retainers bend toward the Round Cover Cap as shown in the inset drawing.**

Attach the Left Arm (47) in the same manner.

Press two 1 3/4" Inner Caps (44) into the lower ends of the Left and Right Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10" Pad (45) onto the lower end of each Arm.



12. Press two 1" x 2" Inner Caps (87) into the indicated end of the Squat Arm (84).

Attach the Squat Arm (84) to the VKR Upright (74) with a 3/8" x 5 1/2" Bolt (93) and a 3/8" Nylon Locknut (21). **Be sure that the indicated bracket is pointing down as shown.**

Wet the ends of the Squat Arm (84) with soapy water. Slide the two Squat Arm Pads (85) onto the Squat Arm.

Attach a Handle (82) to one side of the Squat Arm (84) with a 5/16" x 2 1/2" Bolt (22), two 5/16" Washers (8), a 1/2" x 17/32" Spacer (91), and a 5/16" Nylon Locknut (3).

Wet the Handle (82) with soapy water. Slide a 5" Plastic Grip (83) onto the Handle. Press a 1" Round Inner Cap (49) into the other end of the Handle.

Assemble another Handle (82) to the other side of the Squat Arm (84) in the same manner.

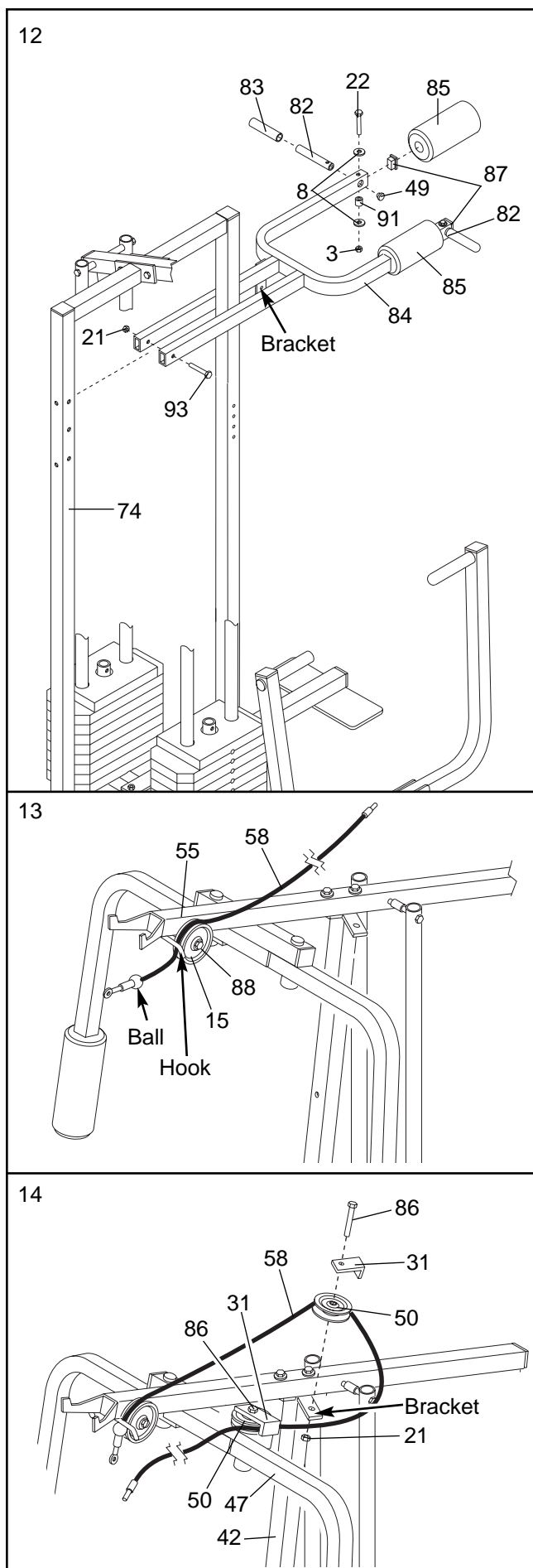
CABLE ASSEMBLY

During steps 13 to 25, refer to the **CABLE DIAGRAM** on page 21 of this manual. Identify the three cables by their lengths, and note the positions of the cable traps. **IMPORTANT: Do not over-tighten the bolts and nuts securing the pulleys. The pulleys must turn freely.**

13. **Locate the Medium Cable (58).** Route the Medium Cable around the indicated 3 1/2" Pulley (15) attached to the Top Frame (55). **Be sure that the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.** Tighten the 3/8" x 3 3/4" Bolt (88) and the 3/8" Nylon Locknut (not shown).

14. Wrap the Medium Cable (58) around a "V"-Pulley (50). Attach the "V"-Pulley and a Long Cable Trap (31) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (86) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**

Route the Medium Cable (58) around the "V"-Pulley (50) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (31) holds the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (86) and the 3/8" Nylon Locknut (not shown).



15. Route the Medium Cable (58) around the “V”-Pulley (50) on the Right Arm (48). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (31) is positioned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (86) and the 3/8" Nylon Locknut (not shown).

Route the Medium Cable (58) around the 3 1/2" Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) holds the Cable in place.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (not shown). Tighten the 5/16" x 5" Bolt (68) and the 5/16" Nylon Locknut (not shown). Be sure that the Pulley Bracket swivels freely.

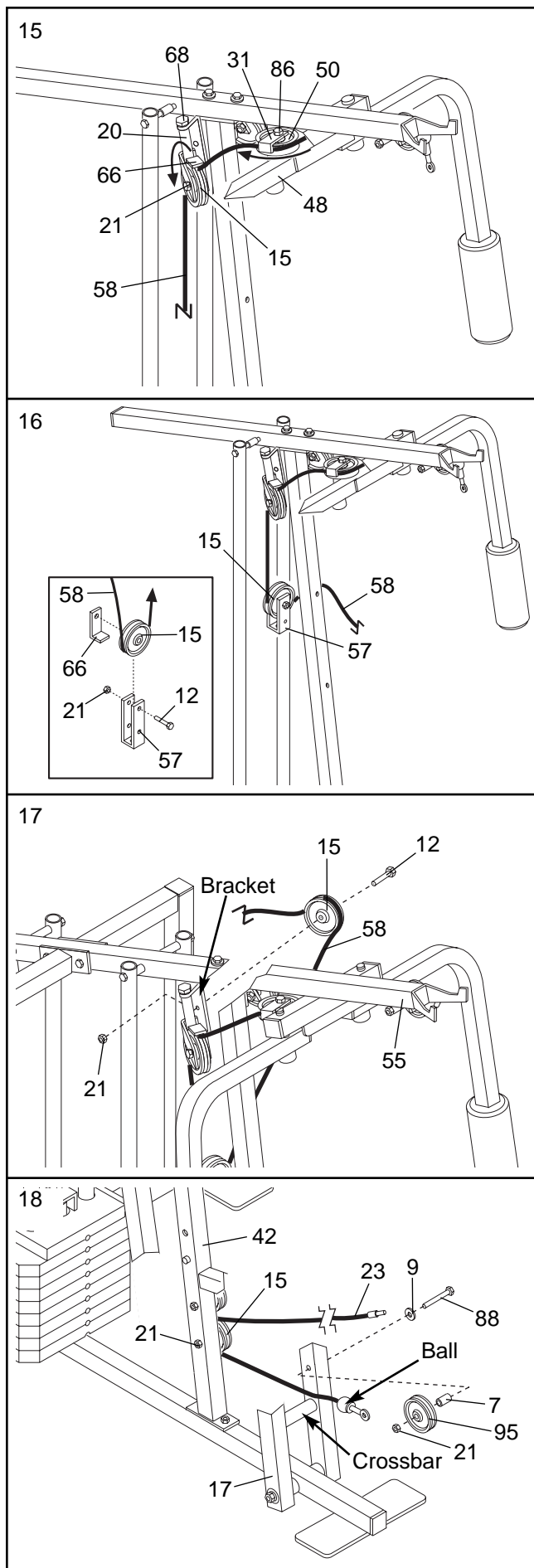
16. See the inset drawing. Wrap the Medium Cable (58) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the upper hole inside the Long “U”-Bracket (57) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.** **Note: This may come pre-assembled.**

17. Route the Medium Cable (58) around the 3 1/2" Pulley (15) attached to the bracket on the Top Frame (55). Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (21). (Note: This Pulley is pre-assembled. It has been shown disassembled for easy part identification.) **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly. The Cable will be attached in step 21.**

18. Remove the 3 1/2" Low Pulley (95) from the Press Frame (17). Reattach the Pulley with the 5/8" x 9/16" Spacer (7) between the Pulley and the Press Frame. **Hand-tighten the 3/8" Nylon Locknut (21).**

Locate the Short Cable (23). Route the Short Cable under the 3 1/2" Low Pulley (95). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame (17) and that the Cable is between the Pulley and the crossbar on the Press Frame.** Tighten the 3/8" Nylon Locknut (21) and 3/8" x 3 3/4" Bolt (88).

Route the Short Cable (23) around the 3 1/2" Pulley (15) attached to the lower hole in the Front Upright (42). **Be sure that the Cable Trap (not shown) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and 3/8" x 3 3/4" Bolt (not shown).



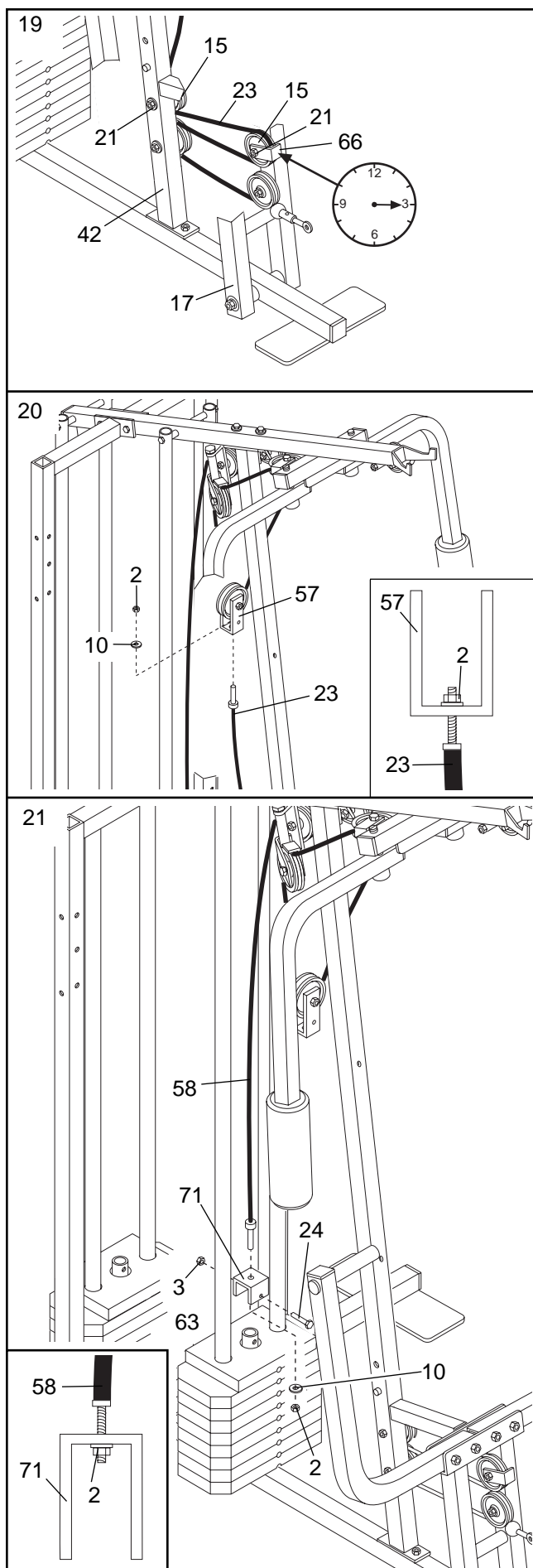
19. Route the Short Cable (23) around the 3 1/2" Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable Trap (66) is in the "3 o'clock" position and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and 3/8" x 3 1/2" Bolt (not shown).

Route the Short Cable (23) around the 3 1/2" Pulley (15) attached to the upper hole in the Front Upright (42). **Be sure that the Cable Trap (not shown) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and 3/8" x 3 3/4" Bolt (not shown).

20. Attach the end of the Short Cable (23) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

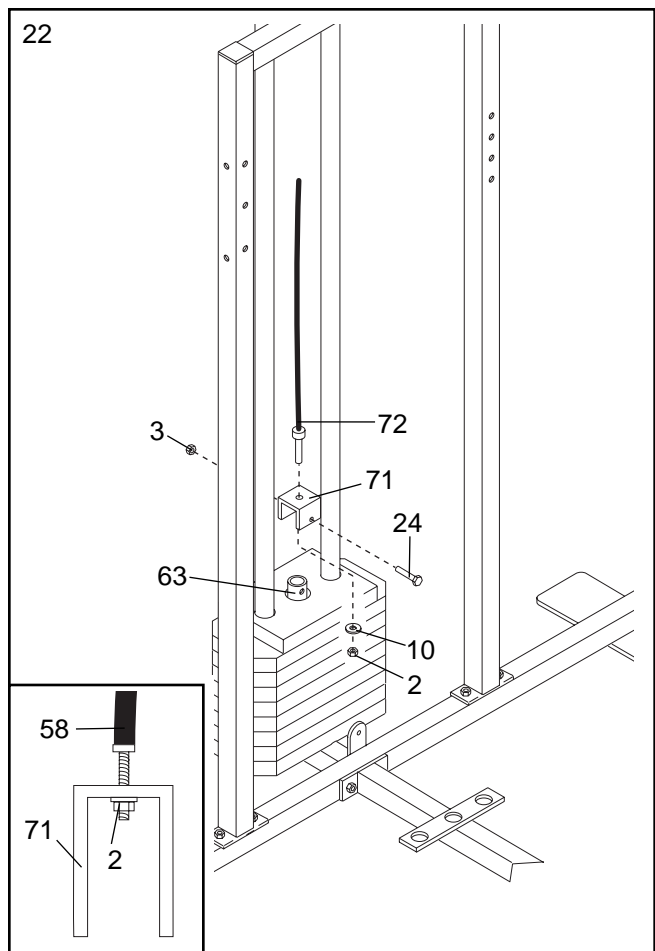
21. Attach the Medium Cable (58) to a Small "U"-Bracket (71) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

Attach the Small "U"-Bracket (71) to the indicated Weight Tube (63) with a 5/16" x 1 3/4" Bolt (24) and a 5/16" Nylon Locknut (3).



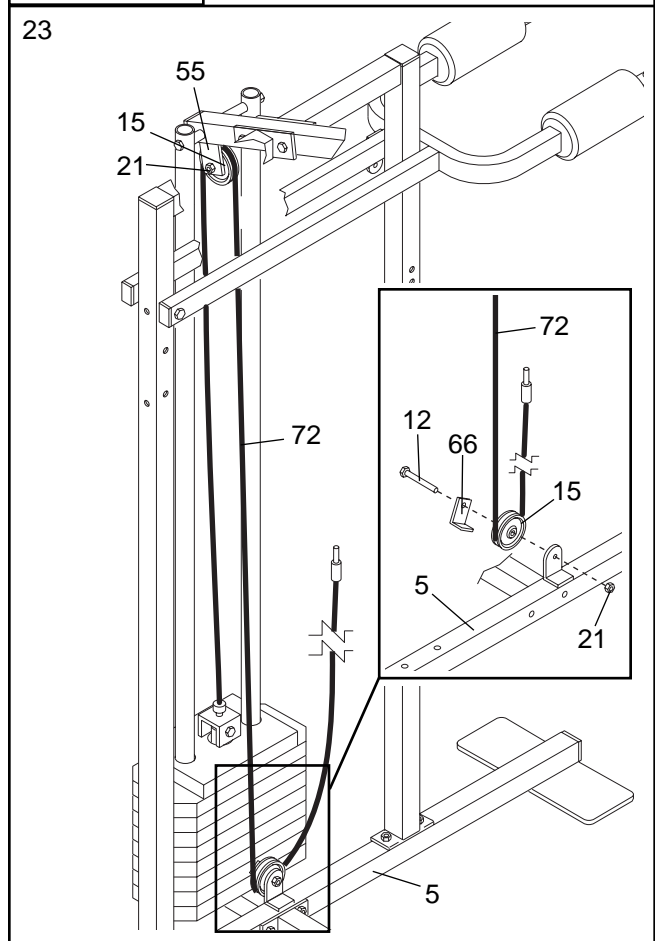
22. **Locate the Long Cable (72).** Attach the Long Cable to the other Small "U"-Bracket (71) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

Attach the Small "U"-Bracket (71) to the indicated Weight Tube (63) with a 5/16" x 1 3/4" Bolt (24) and a 5/16" Nylon Locknut (3).

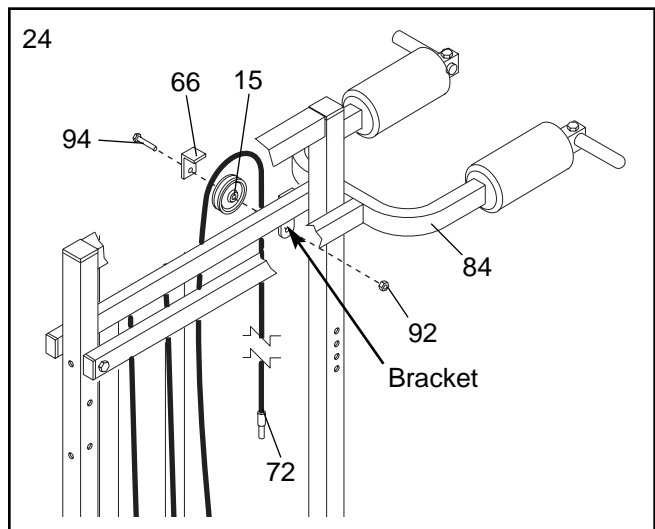


23. Route the Long Cable (72) around the 3 1/2" Pulley (15) on the Top Frame (55). Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (not shown).

See inset drawing. Wrap the Long Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the bracket on the Stabilizer (5) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place.**

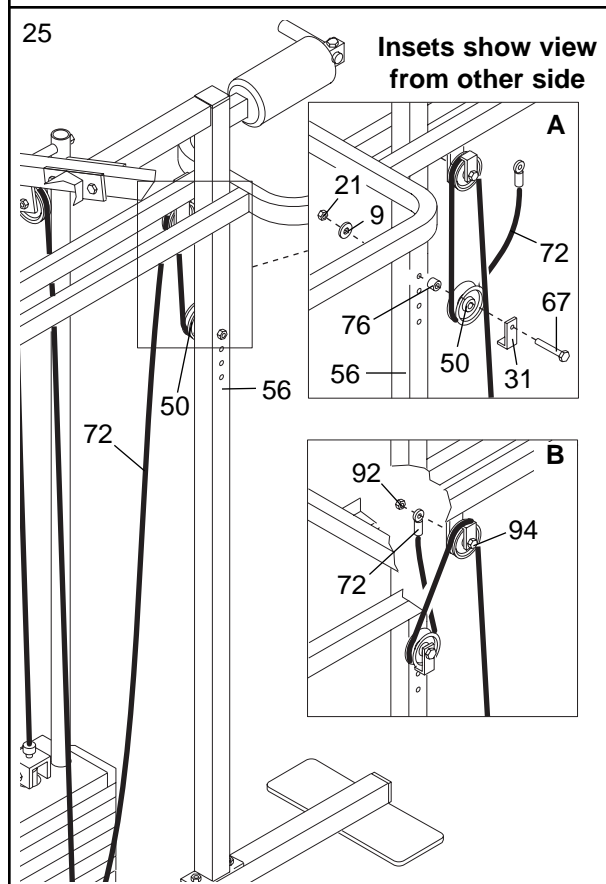


24. Wrap the Long Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the Squat Arm (84) with the 3/8" x 2 1/4" Bolt (94) and a 3/8" Jamnut (92). **Be sure that the Jamnut is on the side shown and that the Cable Trap is positioned to hold the Cable in place.**



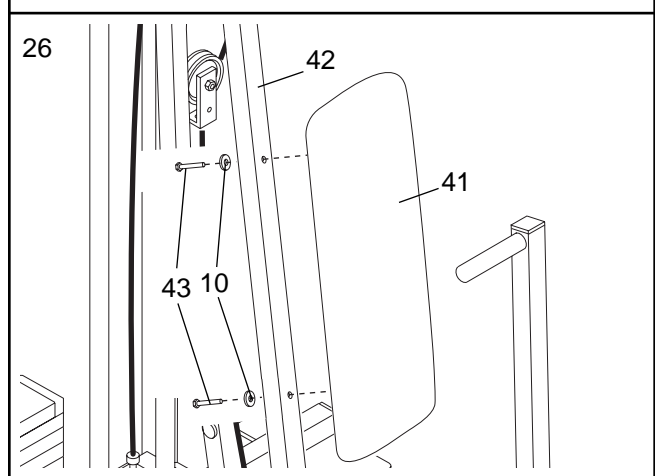
25. See inset drawing A. **Note: The inset drawing shows the view from the other side of the Squat Upright (56).** Wrap the Long Cable (72) around a "V"-Pulley (50). Attach the Pulley and a Long Cable Trap (31) to the top hole in the Squat Upright with the 3/8" x 5" Bolt (67), the 5/8" x 3/8" Spacer (76), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **Position the Long Cable Trap as shown.**

See inset drawing B. **Note: The inset drawing shows the view from the other side of the Squat Upright (56).** Slide the end of the Long Cable (72) onto the end of the 3/8" x 2 1/4" Bolt (94). Thread another 3/8" Jamnut (92) onto the Bolt. **Do not tighten the second Jamnut; there must be room between the two Jamnuts for the end of the Cable to pivot.**



SEAT ASSEMBLY

26. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Washers (10).



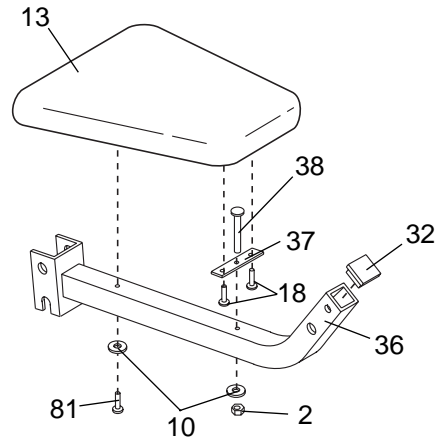
27. Press a 1 1/2" Inner Cap (32) into the Seat Frame (36).

Insert a 1/4" x 2" Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (18).

Insert the 1/4" x 2" Carriage Bolt (38) through the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Washer (10) onto the Carriage Bolt.

Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Washer (10) and a 1/4" x 2" Machine Screw (81).

27

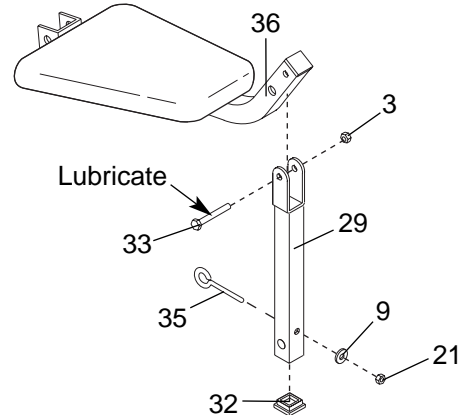


28. Press a 1 1/2" Inner Cap (32) into the Leg Lever (29).

Lubricate the 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3).

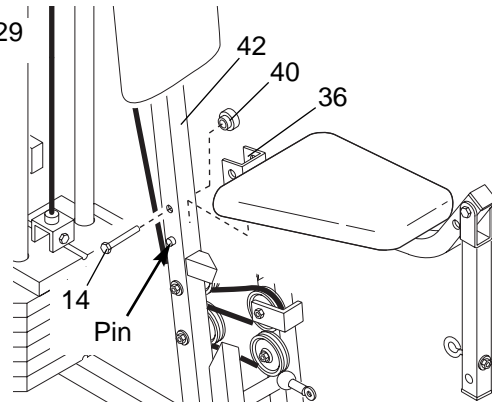
Insert the 3/8" x 2" Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 3/8" Washer (9) and a 3/8" Nylon Locknut (21) onto the Eyebolt.

28



29. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

29

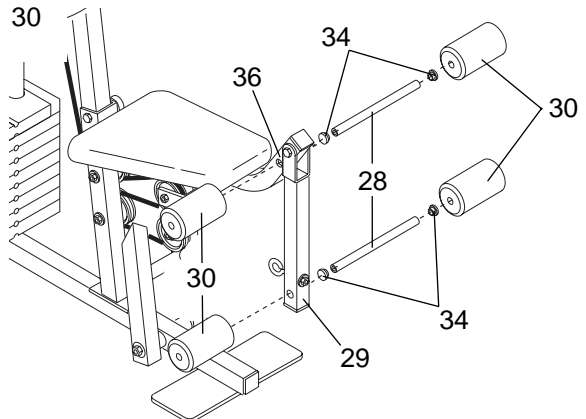


30. Press two 3/4" Round Inner Caps (34) into each 13 1/2" Pad Tube (28).

Insert one 13 1/2" Pad Tube (28) into the Seat Frame (36). Slide a 6" Pad (30) onto each end of the Pad Tube.

Insert the other 13 1/2" Pad Tube (28) into the Leg Lever (29). Slide a 6" Pad (30) onto each end of the Pad Tube.

30



VKR ASSEMBLY

31. Press two 1 1/2" Inner Caps (32) into the ends of the Left and Right VKR Arms (79, 80).

Attach the Left and Right VKR Arms (79, 80) to the VKR Upright (74) with two 5/16" x 3" Bolts (75) and two 5/16" Nylon Locknuts (3).

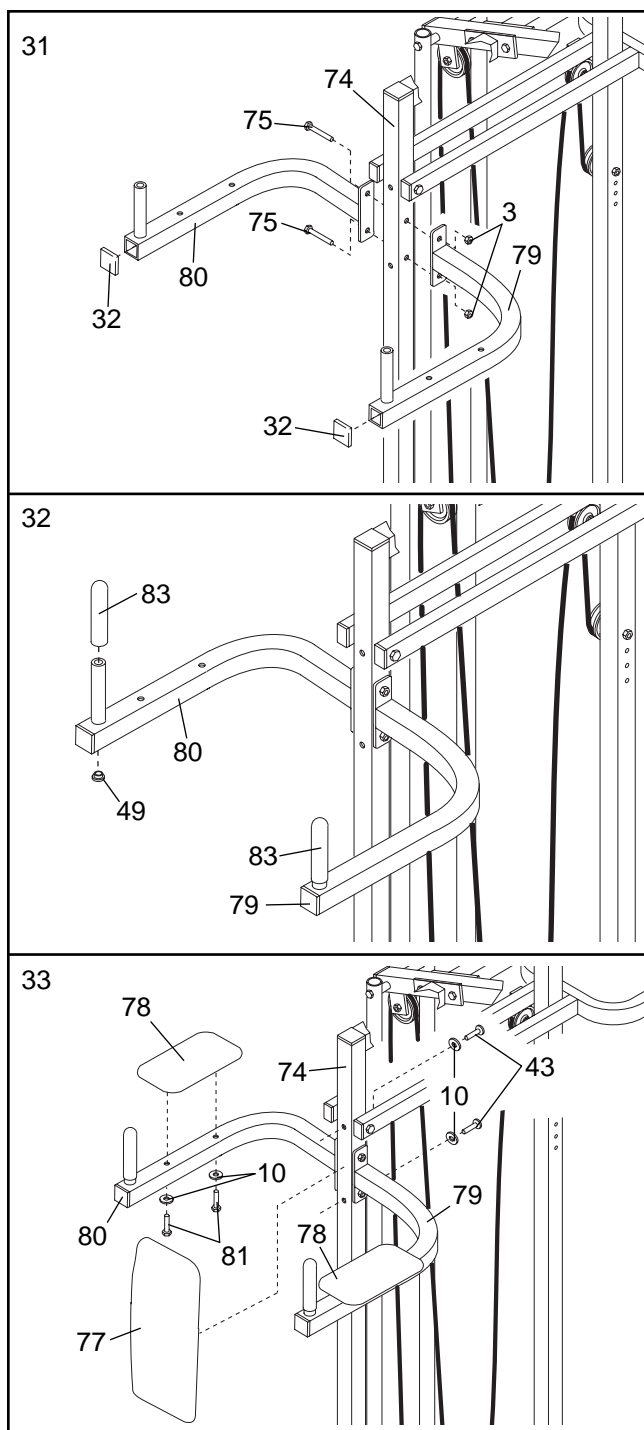
32. Wet the handle on the Right VKR Arm (80) with soapy water. Slide a 5" Plastic Grip (83) onto the Handle. Press a 1" Round Inner Cap (49) into the bottom of the handle.

Attach a 5" Plastic Grip (83) and a 1" Round Inner Cap (49) to the handle on the Left VKR Arm (79) in the same manner.

33. Attach a VKR Armrest (78) to the Right VKR Arm (80) with two 1/4" x 2" Machine Screws (81) and two 1/4" Washers (10).

Attach a VKR Armrest (78) to the Left VKR Arm (79) in the same manner.

Attach the VKR Backrest (77) to the VKR Upright (74) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Washers (10).



34. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on page 17 of this manual.

Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 21 of this manual for proper cable routing. If there is any slack in the cables, the cables should be tightened. See TROUBLE-SHOOTING AND MAINTENANCE on page 20.**

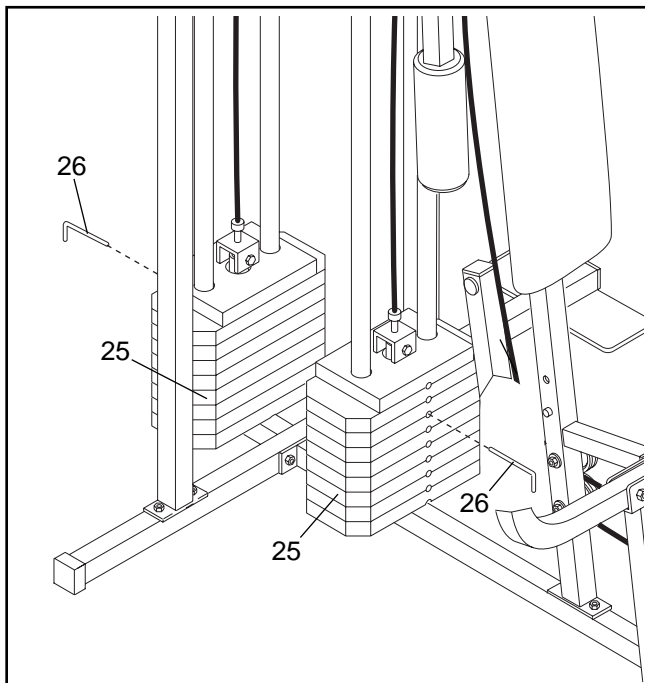
ADJUSTMENTS

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

The weight system features two weight stacks. The front weight stack is connected to the upper and lower pulleys, the press arm, and the butterfly arms. The rear weight stack is connected to the squat arm.

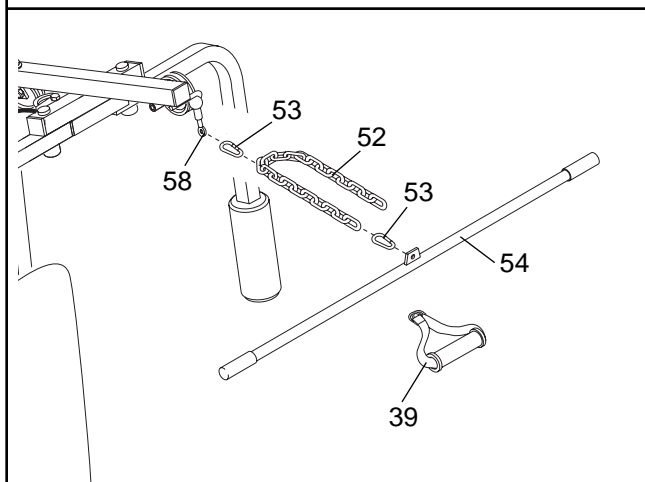
To change the weight setting of either weight stack, insert a Weight Pin (26) under the desired Weight (25). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 19 to find the approximate amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the Medium Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Medium Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Medium Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

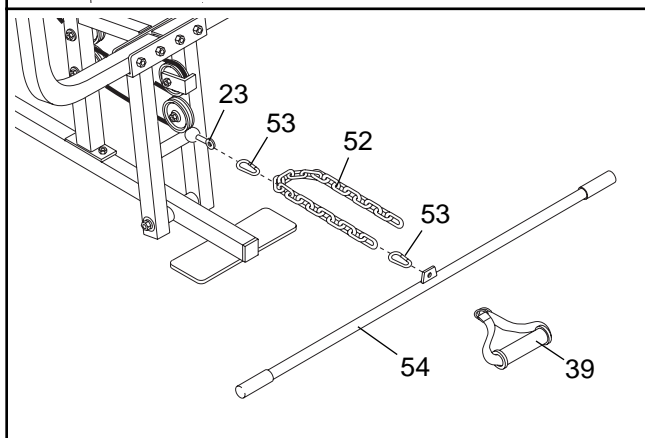
The Nylon Strap (39) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Short Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (39) can be attached in the same manner.



ATTACHING AND REMOVING THE SEAT

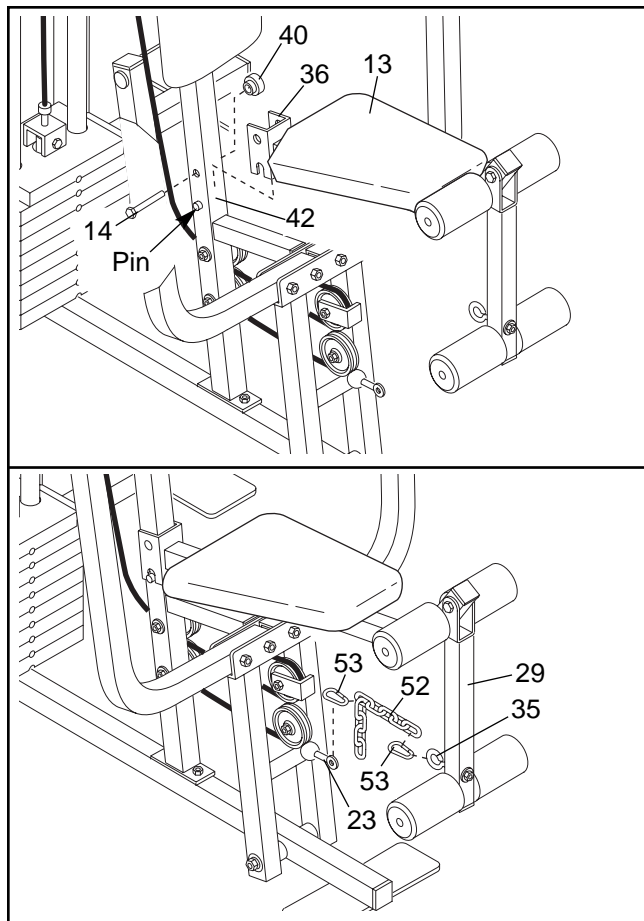
To attach the Seat (13), set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off of the Front Upright (42).

ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above.)

Attach one end of the Chain (52) to the Short Cable (23) with a Cable Clip (53). Attach the other end of the Chain to the 3/8" x 2" Eyebolt (35) with a Cable Clip.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	SQUAT ARM (lbs.)
Top	20	10	15	14	24	31
1	45	22	36	28	54	52
2	70	33	54	44	82	75
3	99	42	75	60	115	101
4	128	48	96	72	147	114
5	153	60	115	90	175	136
6	184	69	137	103	209	157
7	204	79	146	126	223	174
8	247	91	176	138	269	194

TROUBLE-SHOOTING AND MAINTENANCE

Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Tightening the Medium and Short Cables

If any slack is felt when using the front weight stack, both the Medium Cable (58) and the Short Cable (23) will need to be tightened. Insert the weight pin into the middle of the weight stack. Slack can be removed from these cables three ways:

- See drawing 1. Tighten the 1/4" Nylon Locknut (2) that connects the end of the Short Cable (23) to the Long "U"-Bracket (57).
- See drawing 1. Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the 3 1/2" Pulley (15), Cable Trap (66), and Long "U"-Bracket (57). Re-attach the Pulley and Cable Trap to the lower hole in the Long "U"-Bracket. Be sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.
- See drawing 2. Tighten the 1/4" Nylon Locknut (2) that connects the end of the Medium Cable (58) to the Small "U"-Bracket (71).

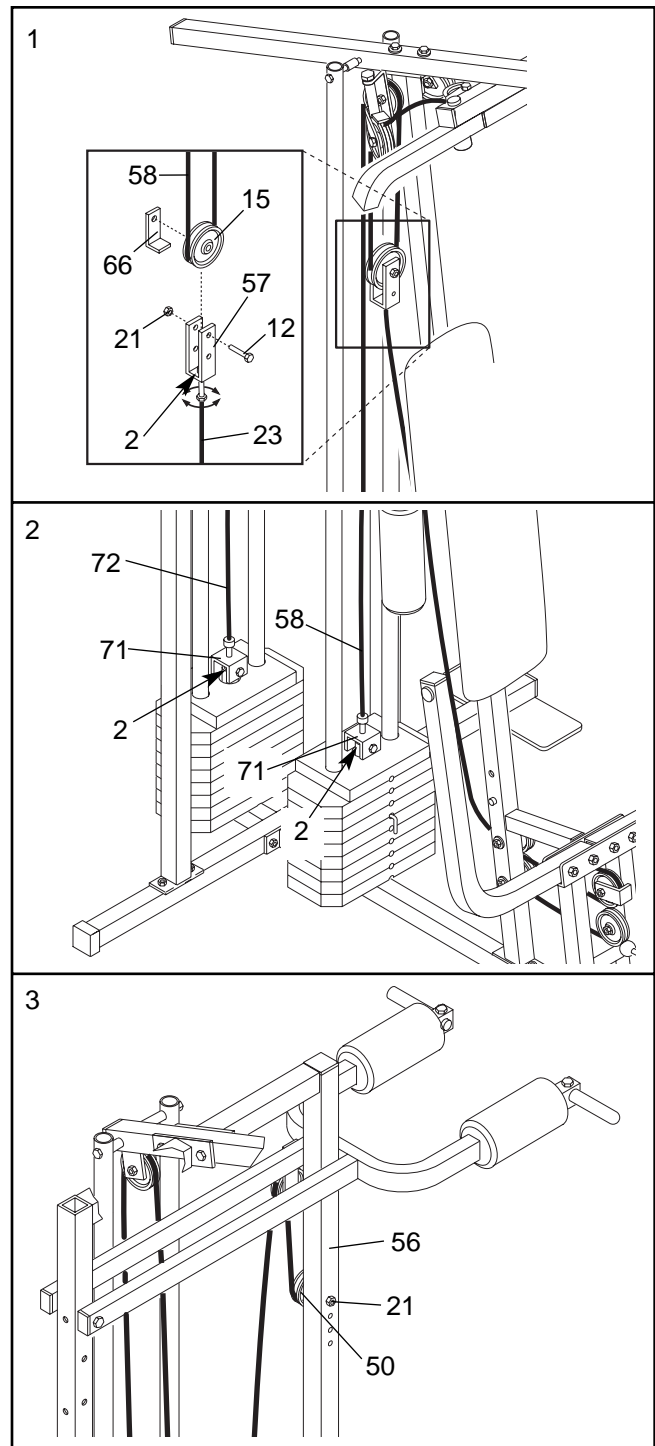
Tightening the Long Cable

If any slack is felt when using the rear weight stack, the Long Cable (72) will need to be tightened. Insert the weight pin into the middle of the weight stack. Slack can be removed from this cable two ways:

- See drawing 2. Tighten the 1/4" Nylon Locknut (2) that connects the end of the Long Cable (72) to the Small "U"-Bracket (71).
- See drawing 3. Remove the 3/8" Nylon Locknut (21) and the 3/8" x 5" Bolt (not shown) from the "V"-Pulley (50) and Long Cable Trap (not shown). Re-attach the Pulley and Cable Trap to a lower hole in the Squat Upright (56). Be sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.

Do not overtighten the cables. The top weight will be lifted off the weight stack.

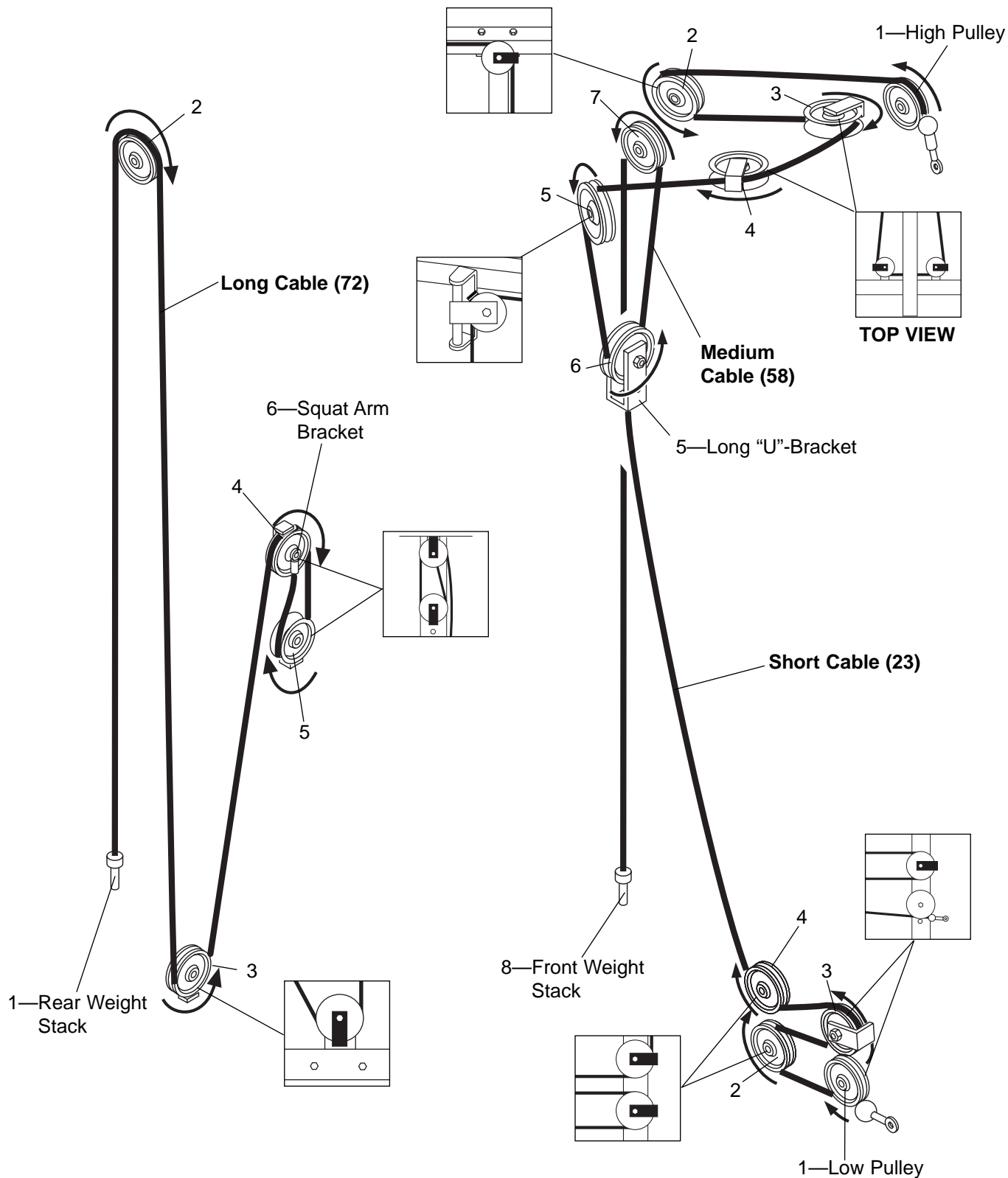
Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.



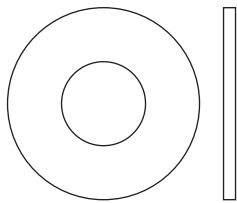
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAM

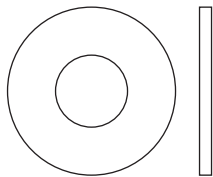
The cable diagram below shows the proper routing of the Long Cable (72), the Medium Cable (58), and the Short Cable (23). Use the diagram to be sure that the three cables and cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The insets show the proper positioning of the cable traps; the cable traps should be positioned so that the cables will not come off the pulleys. **Be sure that the cable traps do not touch or bind the cables.**



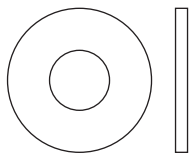
PART IDENTIFICATION CHART—Model No. WESY85311 R0802A



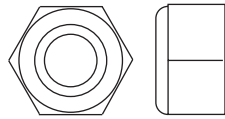
3/8" Washer (9)



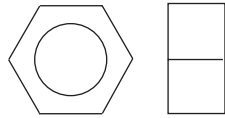
5/16" Washer (8)



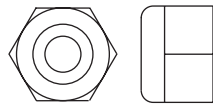
1/4" Washer (10)



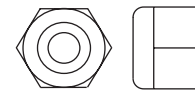
3/8" Nylon Locknut (21)



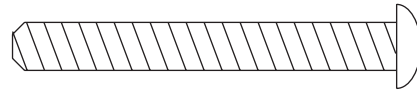
3/8" Jamnut (92)



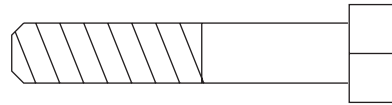
5/16" Nylon Locknut (3)



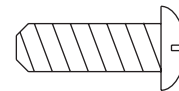
1/4" Nylon Locknut (2)



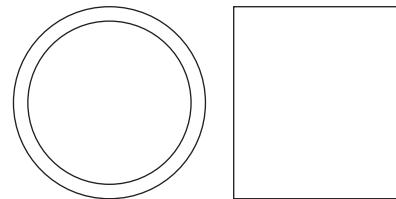
1/4" x 2" Machine Screw (81)



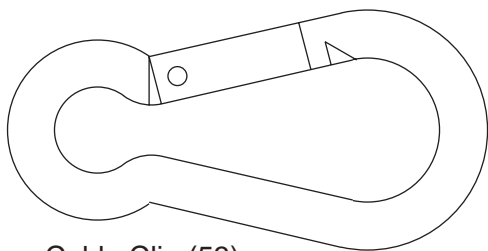
5/16" x 1 3/4" Bolt (24)



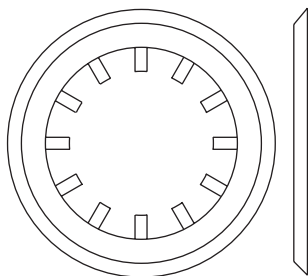
1/4" x 3/4" Screw (18)



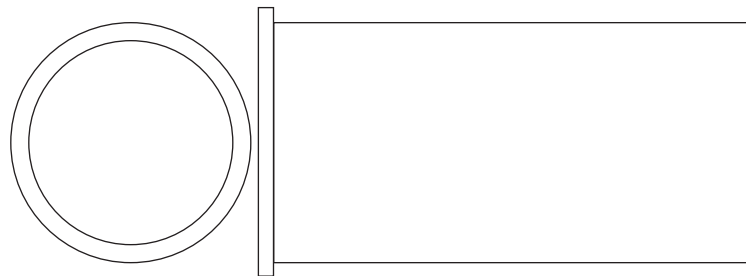
1" x 7/8" Plastic Bushing (90)



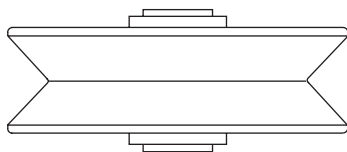
Cable Clip (53)



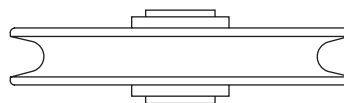
1" Retainer (69)



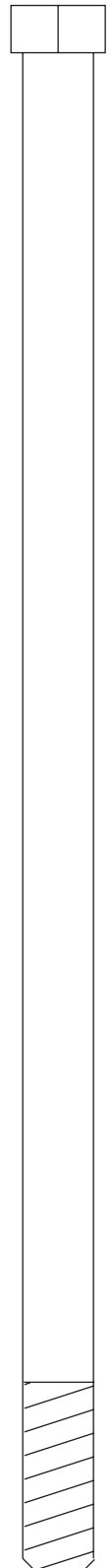
1 1/4" x 2 1/2" Plastic Bushing (89)



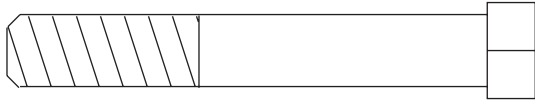
"V"-Pulley (50)
(Not shown to scale)



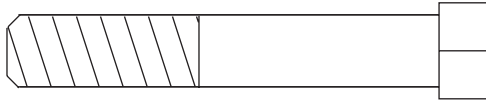
3 1/2" Pulley (15)
(Not shown to scale)



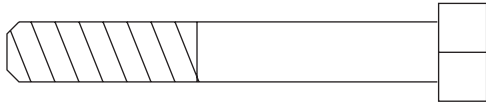
3/8" x 8" Bolt (59)



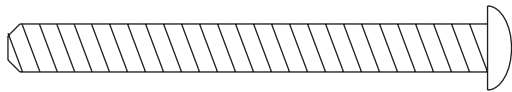
3/8" x 2 1/2" Bolt (86)



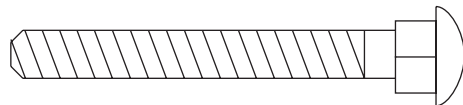
3/8" x 2 1/4" Bolt (94)



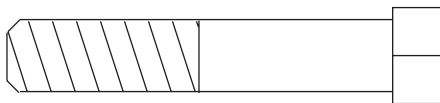
5/16" x 2 1/4" Bolt (33)



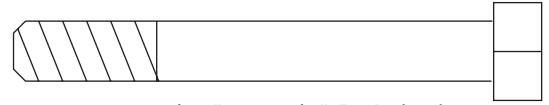
1/4" x 2 1/2" Screw (43)



1/4" x 2" Carriage Bolt (38)



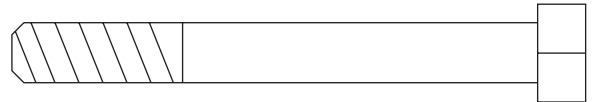
3/8" x 2" Bolt (12)



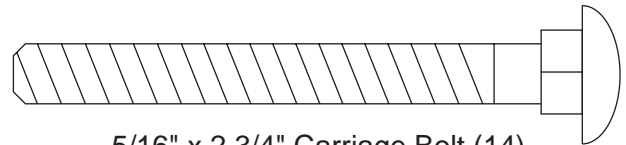
5/16" x 2 1/2" Bolt (22)



5/16" x 2 1/2" Carriage Bolt (1)



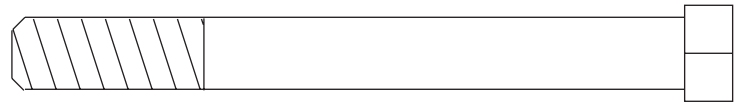
5/16" x 2 3/4" Bolt (11)



5/16" x 2 3/4" Carriage Bolt (14)



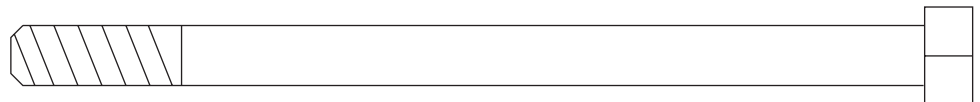
5/16" x 3" Bolt (75)



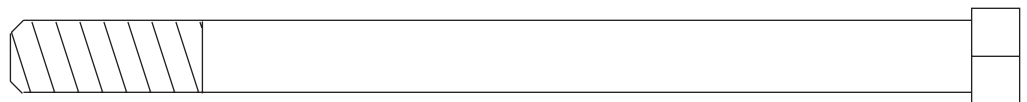
3/8" x 3 1/2" Bolt (16)



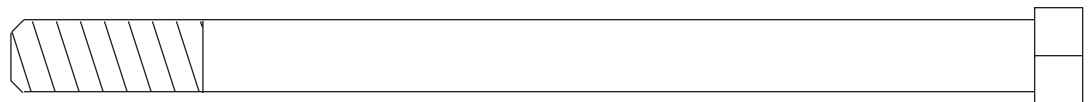
3/8" x 3 3/4" Bolt (88)



5/16" x 5" Bolt (68)



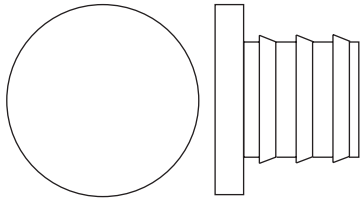
3/8" x 5" Bolt (67)



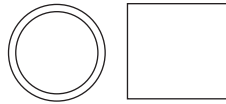
3/8" x 5 1/2" Bolt (93)



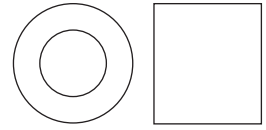
5/16" x 6" Bolt (60)



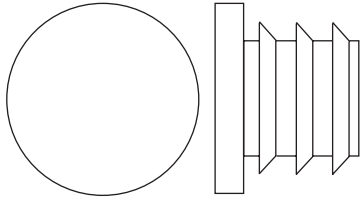
Round Inner Cap (96)



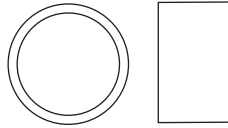
1/2" x 17/32" Spacer (91)



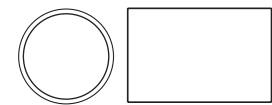
5/8" x 9/16" Spacer (7)



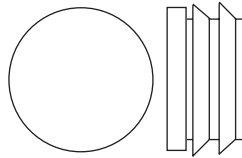
1" Round Inner Cap (49)



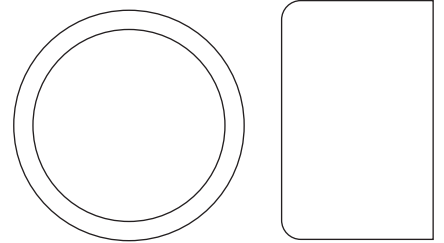
5/8" x 3/8" Spacer (76)



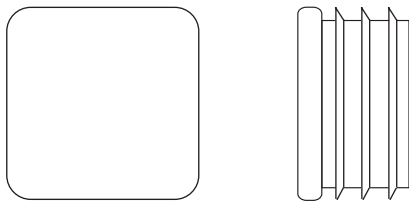
1/2" x 3/4" Spacer (61)



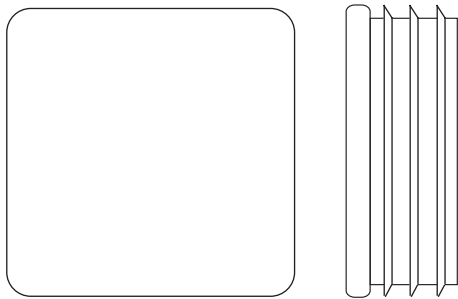
3/4" Round Inner Cap (34)



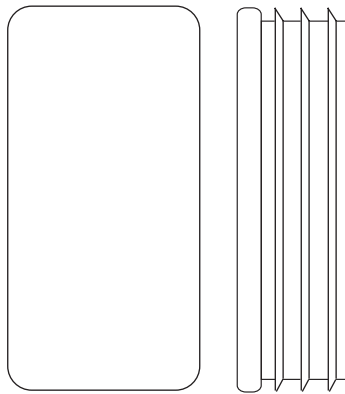
1" Round Cover Cap (70)



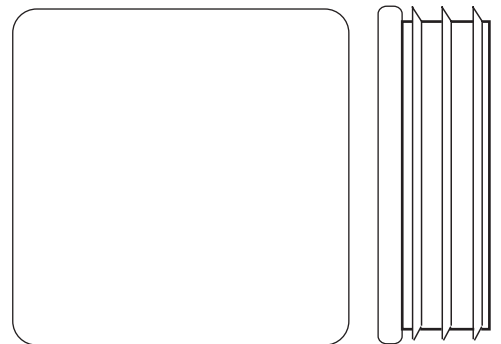
1" Inner Cap (6)



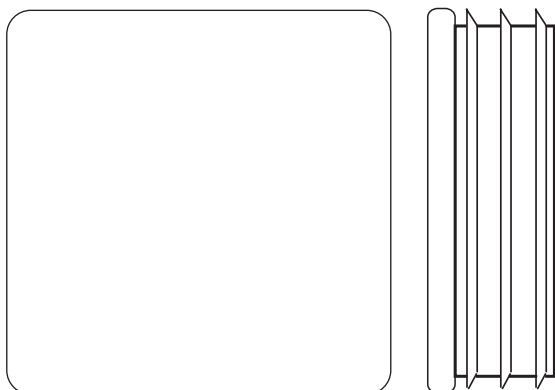
1 1/2" Inner Cap (32)



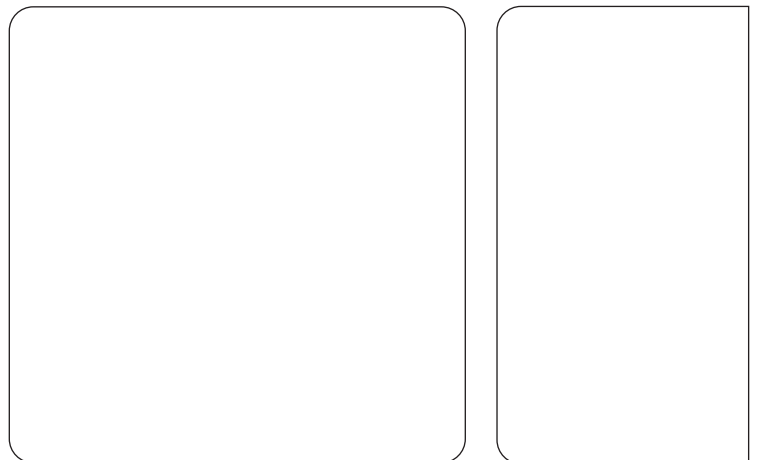
1" x 2" Inner Cap (87)



1 3/4" Inner Cap (44)



2" Inner Cap (27)



2" Outer Cap (51)

PART LIST—Model No. WESY85311

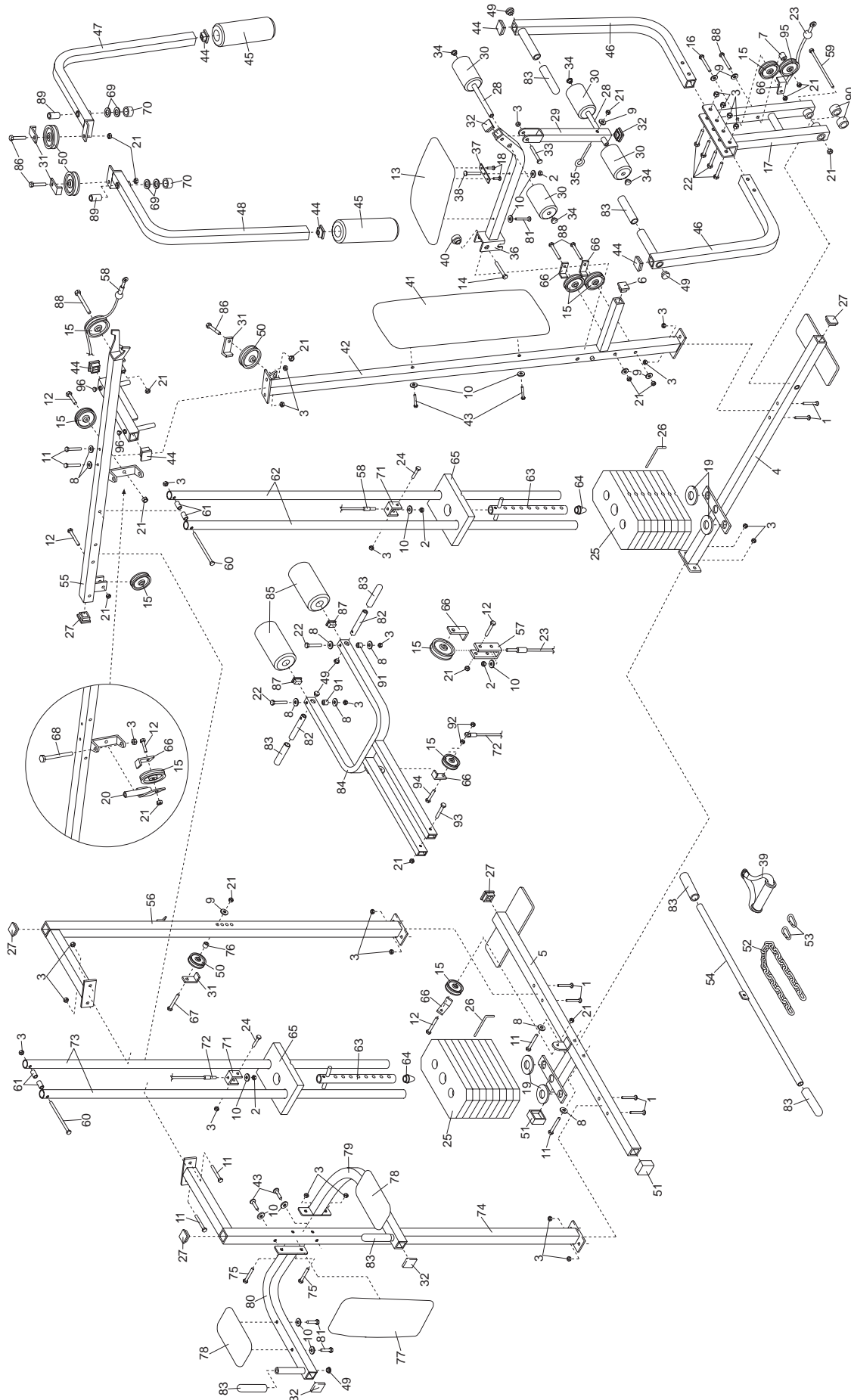
R0802A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	6	5/16" x 2 1/2" Carriage Bolt	50	4	"V"-Pulley
2	4	1/4" Nylon Locknut	51	2	2" Outer Cap
3	26	5/16" Nylon Locknut	52	1	Chain
4	1	Base	53	2	Cable Clip
5	1	Stabilizer	54	1	Lat Bar
6	1	1" Inner Cap	55	1	Top Frame
7	1	5/8" x 9/16" Spacer	56	1	Squat Upright
8	8	5/16" Washer	57	1	Long "U"-Bracket
9	6	3/8" Washer	58	1	Medium Cable
10	13	1/4" Washer	59	1	3/8" x 8" Bolt
11	6	5/16" x 2 3/4" Bolt	60	2	5/16" x 6" Bolt
12	5	3/8" x 2" Bolt	61	4	1/2" x 3/4" Spacer
13	1	Seat	62	2	Long Weight Guide
14	1	5/16" x 2 3/4" Carriage Bolt	63	2	Weight Tube
15	10	3 1/2" Pulley	64	2	Weight Tube Bumper
16	1	3/8" x 3 1/2" Bolt	65	2	Top Weight
17	1	Press Frame	66	7	Cable Trap
18	2	1/4" x 3/4" Screw	67	1	3/8" x 5" Bolt
19	4	Weight Bumper	68	1	5/16" x 5" Bolt
20	1	Pulley Bracket	69	4	1" Retainer
21	17	3/8" Nylon Locknut	70	2	1" Round Cover Cap
22	6	5/16" x 2 1/2" Bolt	71	2	Small "U"-Bracket
23	1	Short Cable	72	1	Long Cable
24	2	5/16" x 1 3/4" Bolt	73	2	Short Weight Guide
25	16	Weight	74	1	VKR Upright
26	2	Weight Pin	75	2	5/16" x 3" Bolt
27	5	2" Inner Cap	76	1	5/8" x 3/8" Spacer
28	2	13 1/2" Pad Tube	77	1	VKR Backrest
29	1	Leg Lever	78	2	VKR Armrest
30	4	6" Pad	79	1	Left VKR Arm
31	4	Long Cable Trap	80	1	Right VKR Arm
32	4	1 1/2" Inner Cap	81	5	1/4" x 2" Machine Screw
33	1	5/16" x 2 1/4" Bolt	82	2	Handle
34	4	3/4" Round Inner Cap	83	8	5" Plastic Grip
35	1	3/8" x 2" Eyebolt	84	1	Squat Arm
36	1	Seat Frame	85	2	Squat Arm Pad
37	1	Seat Plate	86	3	3/8" x 2 1/2" Bolt
38	1	1/4" x 2" Carriage Bolt	87	2	1" x 2" Inner Cap
39	1	Nylon Strap	88	4	3/8" x 3 3/4" Bolt
40	1	Seat Knob	89	2	1 1/4" x 2 1/2" Plastic Bushing
41	1	Backrest	90	2	1" x 7/8" Plastic Bushing
42	1	Front Upright	91	2	1/2" x 17/32" Spacer
43	4	1/4" x 2 1/2" Screw	92	2	3/8" Jamnut
44	6	1 3/4" Inner Cap	93	1	3/8" x 5 1/2" Bolt
45	2	10" Pad	94	1	3/8" x 2 1/4" Bolt
46	2	Press Arm	95	1	3 1/2" Low Pulley
47	1	Left Arm	96	2	Round Inner Cap
48	1	Right Arm	#	1	User's Manual
49	6	1" Round Inner Cap	#	1	Exercise Guide

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WESY85311

R0802A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WESY85311)
2. The NAME of the product (WEIDER® 20CT weight system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the center of this manual.)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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